



Class Schedule

1283 W Palmetto Park Rd, Boca Raton, FL 33486
 Palmetto Park Square Shopping Center
 Just East of I-95 on Palmetto Park Rd

Effective Sept-29-09
561-955-9645

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
9:30 to 10:30am	Women's Cardio Self Defense		Women's Cardio Self Defense		Women's Cardio Self Defense	8:30 to 9:00	Leadership Team
11:00 to Noon		Police/Fire/EMT MMA		Police/Fire/EMT MMA		9:15 to 9:45	Kid Tiger Beg/Int Family*
Kid Tigers 3 ½ to 6 yrs		Kid Tigers Beg/Int 3:30 to 4:00		Kid Tigers Beg/Int 3:30 to 4:00		9:45 to 10:15	Kid Tiger Int/Adv Family*
Kid Tigers 3 ½ to 6 yrs	Kid Tigers Beg/Int 4:00 to 4:30	Kid Tigers Int/Adv 4:00 to 4:30	Kid Tigers Beg/Int 4:00 to 4:30	Kid Tigers Int/Adv 4:00 to 4:30	PRIVATE LESSON	10:15 to 11:00	White-Orange Family
Kid Tiger Int/Adv 6-12 White Belts	Kid Tigers Int/Adv 4:30 to 5:00	White 6 to 12 4:30 to 5:10	Kid Tigers Int/Adv 4:30 to 5:00	White 6 to 12 4:30 to 5:10	PRIVATE LESSON	11:00 to 11:45	Green-Blk Family
6-12 White Belts 6-9 Yellow-Green	White 6-12 5:00 to 5:40	Yellow-Green 6 to 9 5:15 to 6:00	Yellow-Green 6 to 9 5:15 to 6:00	Yellow-Green 6 to 9 5:15 to 6:00	Private Lesson	11:45 to 12:45	Adult TKD/Hapkido
6-9 Yellow-Green 6-9 High Green-Red	Yellow -Green 6 to 9 5:40 to 6:20 High Green-Red 6 to 9 6:20 to 7:05	High Green-Black 6 to 9 6:00 to 7:00	High Green-Black 6 to 9 6:00 to 7:00	High Green-Black 6 to 9 6:00 to 7:00	Private Lesson	12:45 to 1:45	Kyuktoogi (K. Kickbox)
10-13 White-Black	White-Black 10 to 13 6:20 to 7:05	High Green-Black 10 to 13 6:00 to 7:00	White-Black 10 to 13 6:00 to 7:00	White-Black 10 to 13 6:00 to 7:00	BBTS Monthly 6:30-7:30	2:00 to 3:30	Elite Team
Adult 14+	Adults TKD/Hapkido 7:10 to 8:10	Adult TKD 7:00 to 8:00	Kyuktoogi (K. Kickbox) 7:00 to 8:00	Adults TKD 7:00 to 8:00			

Calendar of Events

Oct 10th - Make up Test for Sept Test No shows; 2:00 – 4:00 p.m.
Oct 30th – “Bring a Buddy” Halloween Costume Party; 4:00 – 5:00 Kid Tigers; 5:30 to 7:00 Elementary 1st to 5th graders; 7:30 to 9:00 Middle School.
Nov 6th & 7th – Test Evaluations with Grand Master Lee.
Nov 13th – Belt Advancement Ceremony
Nov 26th through 28th – School CLOSED – Thanksgiving Weekend
Dec 9th – Boca Raton Holiday Parade – School CLOSED
Dec 24th through 26th – School CLOSED
Dec 31st / Jan 1st & 2nd – School CLOSED

Millennium Martial Arts Instructors are Certified by Kukkiwon Korea – The World Black Belt Certification Authority for Tae Kwon Do and The Korean Hapkido Federation for Hapkido

Specialty Class Descriptions

Kid Tigers Beg/Int – White through Green Stripe Belts
Kid Tigers Int/Adv – Purple Stripe through Black Stripe Belts.
Parents may participate in Saturday Kid Family Classes .
**See New Fee Schedule for Kid Tiger 2-day and 3-day Class Options.*

Saturday Family Classes – Enrolled parents may participate with their kids.

Adult/Hapkido Classes – In these classes floor is divided. All warm-up together then separate for TKD & Hapkido. Hapkido is a separate program for ages 13th and up.

Kyuktoogi (Korean Kickboxing) – This class combines TKD, Muay Thai Kickboxing, Hapkido sweeps and throws and basic ground work. All in an intense cardio workout. Ages 13+, all others by invitation only. Color hand wraps will represent progress levels.

Police/Fire/EMT – MMA Special mixed martial arts class for police , fire and EMT professionals.

Women’s Cardio Self Defense – Learn practical easy to apply self defense martial art techniques while toning and building cardio endurance. **Burn 800 calories per class and get fighting fit!**

BBTS – Black Belt Test Seminar – Mandatory Classes will be held 6 months prior to Black Belt Test. Applies to Deputy Black Belts and above.